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moner workings and failings of the human body—a machine of far more importance to all of us, than all the mechanical appliances in the world.”

The subject-matter is arranged in alphabetical order, and is by no means confined to the ills to which the human flesh is heir. The heating of houses, the cleaning of the same—plumbing, a list of the various health resorts of the United States, Bermuda, Canada, and the Hawaiian Islands, giving characteristic advantages to be found in each, and designating the nature of disease which can be most effectively treated in each—are some of the remote subjects not usually touched upon in books of this class.

The book certainly fulfills the mission its author desires for it, when he calls it in a sub-title: a medical handbook containing all the information required for ordinary purposes.

**FOOD FOR THE INVALID AND THE CONVALESCENT.** By Winifred Stuart Gibbs. Dietitian for the New York Association for the Improving of the Poor; Teacher of Economic Cookery, Teachers' College Columbian University; Author of *Lessons in the Proper Feeding of the Family*. Price, 75 cents. The MacMillan Company, New York.

This book is intended for people of limited income, and the receipts contained therein are reduced to the lowest possible figure at which they can be produced without sacrificing the nutritive value of the food. Miss Gibbs brings to her writing the experience of five years' work as dietitian to the "New York Association for the Improving of the Poor," where the question of proper food for the family restricted by small wages presents many difficult problems. Her experiments, she states, are all upon the working basis of actual incomes of actual families in relation to the current prices of food stuffs.

The book has a commendatory introduction by Dr. Theodore C. Janeway, of New York, who writes himself as a co-worker with Miss Gibbs in the Vanderbilt Clinic, where he says the physicians are constantly realizing how important a factor in contributing to disease is lack of intelligence in buying and preparing food. With a view to correcting these faults, Miss Gibbs particularly designates the cuts of meat, the choice of cereals and vegetables, which yield the largest amount of nourishment and cost the least, and also gives careful instruction in cooking the same so as to be appetizing and wholesome at the same time call for no great expenditure of time or fuel, both of which are extremely expensive items to the poor.